


# COVID-19 (Coronavirus) Mental Health Resources

 Last updated: April 13, 2020

 **Note:** This document is view-only. Please submit your resource suggestions using [this form](#), and we will update accordingly. Thank you!

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## General Information

- [Coronavirus Disease 2019 \(COVID-19\): Mental Health & Coping](#), CDC: The CDC's guide on how to manage stress and anxiety
- [Covid-19 \(Coronavirus\) Information And Resources](#), National Alliance on Mental Illness (NAMI)
- [Coronavirus and Emerging Infectious Disease Outbreaks Response](#), USU Center for the Study of Traumatic Stress (CSTS): This page contains fact sheets and other resources to support the health and well being of communities impacted by COVID-19.
- [Resources and Tools for Addressing Coronavirus \(COVID-19\)](#), National Council for Behavioral Health: wide range of resources from financial to business best practices to clinical tips
- [Mental Health And COVID-19 – Information And Resources](#), Mental Health America (MHA) is a community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans. Collection of resources for wide range of audience
- [Caring For Your Mental Health Despite the Coronavirus](#), McLean Hospital: Respected psychiatric treatment facility article with practical advice for patients
- [Safety, Predictability and Control in the Midst of COVID-19](#), Riverside Trauma Center
- [Coronavirus Resource Center](#), John Hopkins University & Medicine: Johns Hopkins experts in global public health, infectious disease, and emergency preparedness have been at the forefront of the international response to COVID-19. This website is a resource to help advance the understanding of the virus, inform the public, and brief policymakers in order to guide a response, improve care, and save lives.

- [Care for Your Coronavirus Anxiety](#): Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research-backed and helpful tools for you – articles, meditations, access to mental health experts, anxiety screenings, and more. Think of Care For Your Coronavirus Anxiety as your mental health toolkit during this time.

## Families with Children

- [Talking to Kids About the Coronavirus](#), Child Mind Institute
- [Helping Homebound Children during the COVID-19 Outbreak](#), USU Center for the Study of Traumatic Stress (CSTS)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#), National Child Traumatic Network
- [Cosmic Kids Yoga](#), YouTube: Yoga, mindfulness, and relaxation for kids.
- [COVIBOOK](#), Manuela Molina: A short book to support and reassure children under the age of 7 regarding the COVID-19. Available in PDF format in multiple languages.

## Healthcare Professionals

- [Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks](#), USU Center for the Study of Traumatic Stress (CSTS): Self-care for health professionals
- [Caring for Patients' Mental Well-Being During Coronavirus and Other Emerging Infectious Diseases: A Guide for Clinicians](#), USU Center for the Study of Traumatic Stress (CSTS)  
[https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_Caring\\_for\\_Patients\\_Mental\\_WellBeing\\_during\\_Emerging\\_Infectious\\_Disease\\_Outbreaks.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Caring_for_Patients_Mental_WellBeing_during_Emerging_Infectious_Disease_Outbreaks.pdf)
- [Free Access to Headspace App](#): Free access to Headspace (a meditation app) for healthcare professionals throughout 2020. You can redeem your subscription using your National Provider Identifier (NPI) and email address.
- [Free Video Counseling for Emergency Response & Healthcare Workers](#), Feeling Good Foundation: The COVID-19 pandemic is placing significant stress on the Emergency Response and Healthcare Workers working bravely on the frontlines helping our community. Because the well-being and mental health of the frontline response teams are

integral in this effort, the Feeling Good Foundation with the help of Feeling Good Institute is offering Emergency Response and Healthcare Workers immediate access to excellent video counseling services and support at no cost.

- [Physician Support Line](#) is a free and confidential support line service made up of 400+ volunteer psychiatrists, joined together in the determined hope to provide peer support for our physician colleagues as we all navigate the COVID-19 epidemic. Free. Confidential. No appointment necessary. Call **1-888-409-0141** starting April 6th.
- [A Psychiatric Resource for Medical Professionals](#): Physician Mental Health has compiled a list of Psychiatrists and Resources from each state to help during this current healthcare crisis.

## Mental Health Professionals

- [COVID-19 Mental Health Impacts: Resources for Psychiatrists](#), American Psychiatric Association
- [Mental Health, Professional Counseling and Emergency Preparedness](#), American Counseling Organization (ACA)
- [Disaster Preparedness, Response, and Recovery](#), Substance Abuse and Mental Health Services Administration (SAMHSA)

## Local Resources

- [COVID-19 Resources List \(Bay Area, CA\)](#), Asian Americans for Civil Rights and Equality (AACRE): List of resources for testing, symptoms, resilience, health and wellness, addressing racism, workplace adjustments, food, mutual aid, advocacy, and legal sources
- [Bay Area COVID-19 Resource List](#): Comprehensive resource list targeted for the San Francisco Bay Area
- [BAY AREA EN PDF COVID-19 Resource Guide.pdf](#), One Degree: Comprehensive, updated and accurate community resource information from One Degree. One Degree is a technology driven nonprofit organization that helps individuals and families access the resources they need to improve their lives and achieve social and economic mobility.

- [The Peer-Run Warm Line](#) is a non-emergency resource for anyone in **California** seeking emotional support. Assistance is provided via phone and webchat on a nondiscriminatory basis to anyone in need.
  - Call **1-855-845-7415**
  - [Online chat](#)
- [Crisis Support Services of Alameda County](#) is available 24/7 at **1-800-309-2131**. Callers do not have to be experiencing suicidal thoughts or feelings to call.
  - Crisis Support Services of Alameda County has a free Text Line Program available 4:00 p.m.– 11:00 p.m. 7 days. Text SHARE to 20121. Standard text message rates apply. Texters do not have to be experiencing suicidal thoughts or feelings to text.
- [SF Suicide Prevention Crisis Line](#) is available 24/7 at **415-781-0500**
- [Parentline University of San Francisco](#): free counseling service for parents of children from pregnancy to 3 years old. Call toll-free at **1-844-415-2229**
- [Virtual Sangha Links](#), **East Bay Meditation Center**: online Sangha Self-Care Groups (special groups for POC, folks with disability, etc)

## Helplines

- [Disaster Distress Helpline](#): The Disaster Distress Helpline, **1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **1-800-985-5990** or text **TalkWithUs** to **66746** to connect with a trained crisis counselor.
  - **Deaf/Hard of Hearing**
    - Text **TalkWithUs** to **66746**
    - Use your preferred relay service to call the [Disaster Distress Helpline](#) at **1-800-985-5990**
    - TTY **1-800-846-8517**
  - **Spanish Speakers**
    - Call **1-800-985-5990** and press “2”

- From the 50 States, **text Hablanos to 66746**
  - From Puerto Rico, **text Hablanos to 1-787-339-2663**
  - [En Español](#)
- [National Suicide Prevention Lifeline](#) is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. **1-800-273-8255**
- [The Peer-Run Warm Line](#) is a non-emergency resource for anyone in California seeking emotional support. Assistance is provided via phone and webchat on a nondiscriminatory basis to anyone in need.
  - Call **1-855-845-7415**
  - [Online chat](#)
- [The Friendship Line](#) is available for aging adults who want a connection or a listening ear.
  - Call **(800) 971-0016**
  - They provide calls in English, Mandarin, Cantonese and Spanish as well
- [Crisis Text Line](#): Text HOME to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.
- [The Trevor Project](#): Call **1-866-488-7386** or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
- [Trans Lifeline](#): Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.
- [Dial 2-1-1](#): If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit [211.org](http://211.org) or dial 211 to speak to someone who can help. Run by the United Way.
- [Planned Parenthood Hotline](#): 1-800-230-PLAN (7526)
- [American Association of Poison Control Centers](#): Poison control centers offer free, confidential, expert medical advice 24/7 through the Poison Help Line, **1-800-222-1222**, and our new online, interactive tool, [PoisonHelp.org](http://PoisonHelp.org).
- **National Council on Alcoholism & Drug Dependency Hope Line**: 1-800-622-2255

 Domestic Violence & Sexual Assault Survivors

- [Information On COVID-19 For Survivors, Communities, And DV/SA Programs](#), **Futures Without Violence**: comprehensive list of resources for domestic violence survivors
- [The National Domestic Violence Hotline](#) is 24/7, confidential and free: **1-800-799-7233** and through [chat](#). 1-800-787-3224 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
- [The National Sexual Assault Hotline](#) is 24/7, confidential and free: **800.656.HOPE (4673)** and through [chat](#).
- [The StrongHearts Native Helpline](#) for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: **1-844-762-8483**.
- [National Parent Helpline](#): emotional support and advocacy for parents Monday-Friday 12pm-9am CT. Call **1-855-2736**.
- [The Deaf Hotline](#) is available 24/7 through video phone (**1-855-812-1001**), email and chat for Deaf, DeafBlind, Deaf Disabled survivors.
- [Community United Against Violence \(CUAV\)](#) is providing remote counseling available for LGBTQI+ survivors of violence, domestic violence, hate violence and police violence.

## Apps

- [Mindfulness Coach](#) was developed to help Veterans, Service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.
- [Stop, Breathe & Think | Guided Meditations & Mindfulness](#): Stop, Breathe & Think is a meditation and mindfulness app that helps you find peace anywhere. It allows you to check in with your emotions, and recommends short guided meditations, yoga and acupressure videos, tuned to how you feel.
- [7 Cups: Online Therapy & Free Counseling](#): 7 Cups connects you to caring listeners for free emotional support.
- [UCLA Mindful App](#): This app from the UCLA Mindful Awareness Research Center offers basic meditations in both English and Spanish; wellness meditations for people suffering from challenging health conditions; informative videos exploring how to get started; weekly podcasts from UCLA's Hammer Museums, and more.